

Monday, October 28th 2013

How did you think?

I was thinking about what I could do to keep busy and to do my job as best as I could, I was also thinking about what's the most efficient way to work

What made you think?

When Shawn was rearranging the shelves I had no idea where anything was going to go, so in order to keep busy I went and grabbed a wet cloth and cleaned the shelves that he said haven't been cleaned for 5 years.

Did you always think?

Yes I thought about everything I was doing before I did it that way I could accomplish it the most effective way as possible.

Did you notice others around you not thinking?

No, everyone around me was thinking about the task they were doing as they were doing it.

Did you notice others around you really thinking?

Yes I noticed when Shawn was using the forklift he was really thinking about how he was going to get the base boards out of the warehouse because you can only get them in and out from a certain angle

What fear did you overcome this week?

I overcame my fear of using the big forklift, I was afraid of using it because I was scared to press the wrong lever and hit something or break something.

How did you overcome the fear?

I overcame this fear by carefully listening to his instructions on how to operate it, after he explained it to me it wasn't as big of a deal because I understood how it worked and got to drive it.

Maybe you didn't over come a fear this week.... What was that fear?
Why is the fear stopping you?

I didn't have any other fears besides the first one.